

STRETCHING FOR PICKLEBALL PLAYERS

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- Be sure to get all body systems working before stretching.
- Do this by climbing stairs, riding a stationary cycle or walking enough To get your heart beating.

UPPER BODY STRETCH ON COURT OR AT HOME:

Vertical stretch: stand w/feet shoulder width apart, arms extended over head, fingers interlaced, palms upward.

- a. Pull shoulders back toward the spine, hold 15 seconds.
- b. Rise up on balls of feet, hold 15 seconds.
- c. Bend torso to Left then Right, hold 15 seconds each.

Back stretch: Stand w/feet shoulder width apart, right arm reaching behind the head down the spine, left hand pulling right arm downward, hold 15 seconds. Repeat with left arm reaching downward, hold 15 seconds.

Torso stretch: Feet shoulder width apart, hands on hips. Rotate hips Clockwise as far as possible, hold 15 seconds. Alternate with rotation Counterclockwise, hold 15 seconds.

Arm Swings: Feet shoulder width apart, arms horizontal:

- a. Palms up – small, then medium then large circles; 6 rotations.
- b. Palms down- backward; 6 rotations.
- c. Repeat horizontal arm swings hugging opposite shoulder, 6 cross body swings.

Wrist Stretch: left arm stretched forward, palm vertical.

- a. Use right hand to pull left hand fingers toward the body, hold 15 sec.
- b. Reverse hands, hold 15 seconds.
- c. Left palm down, right hand pulls fingers toward body, hold 15 seconds.
- d. Reverse hands, hold 15 seconds.

LOWER BODY STRETCH ON COURT OR AT HOME

Side Step/Lunge: standing , arms by the sides

- a. Step 5 steps to left, 5 steps to right. Repeat
- b. Legs apart, bend left knee forward, left hand on the knee. Stretch right leg as wide as possible, hold 15 seconds. Repeat with opposite leg, hold 15 seconds.

Hip/Thigh Stretch: Lunge left foot forward to 90 degrees at knee joint.

Left hand on left knee, right hand on floor near bent knee. Hold 15 sec.

Reverse with right foot forward, hold 15 seconds.

Hamstring/Achilles Stretch:

- a. Feet slightly apart, bend knees, reach forward, touch toes with both hands, straighten knees as far as possible, hold 15 seconds
- b. Both hands on floor legs together behind. Press left heel down to stretch the ankle. Hold 15 seconds. Now right heel down, hold 15 seconds.